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# *The Blue Horizon*

## **E Kokua Pakahi Kakou**

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**June 2002**

**ISC Honolulu Work-Life Newsletter**

**Volume 10 Issue 6**

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The annual Ombudsman Appreciation Dinner was held by the Coast Guard Foundation on May 17th at the Hale Koa. The dinner honored the District 14 AOR Ombudsmen with an evening of dinner, remarks by RADM Utley, award presentations, and dancing. The Ombudsman Appreciation Dinner was the last event in a three-day training conference. On behalf of our Coast Guard Families, "Thank you, Ombudsmen, for all your dedication and hard work!"

*Wanda Allen-Yearout,  
D14 Ombudsman Program Coordinator*



First Row, left to right: Wanda Allen-Yearout, Wendy Kimber, Linda Charest, Connie Sharp, Daniale Carter, Susan Waters, Michelle Paterson, Sue Kidnay

Second Row, left to right: Caeleigh Villarreal, Carmen Munns, Cheryl Quassa, Ruth Caputo, Jamie Hamilton, Janelle Orth, Eileen Nguyen, Kim Andersen



Mission Statement: **Work-Life Programs enhance mission readiness through personal and command information, referral, and intervention for Team Coast Guard.**

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FM COMDT COGARD WASHINGTON DC//G-WK//  
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ALCOAST 253/02  
COMDTNOTE 1734  
SUBJ: NATIONAL MENTAL HEALTH MONTH

1. MAY IS NATIONAL MENTAL HEALTH MONTH. STATISTICS FROM THE NATIONAL INSTITUTE OF MENTAL HEALTH SHOW THAT 22.1 PERCENT OF AMERICANS AGES 18 AND OLDER - ABOUT 1 IN 5 ADULTS - SUFFER FROM A DIAGNOSABLE MENTAL DISORDER IN A GIVEN YEAR. SOME EXAMPLES ARE GENERALIZED ANXIETY DISORDER, PANIC DISORDER, POST TRAUMATIC STRESS DISORDER, DEPRESSION, SUBSTANCE ABUSE.
2. DEPRESSION ALONE AFFECTS MORE THAN 19 MILLION AMERICANS A YEAR. IT AFFECTS PEOPLE OF ALL AGES. ONE-FOURTH OF ALL WOMEN AND ONE-EIGHTH OF ALL MEN WILL SUFFER AT LEAST ONE EPISODE OF DEPRESSION. SOME SIGNS AND SYMPTOMS OF DEPRESSION ARE:
  - A. SADNESS OR "EMPTINESS"
  - B. HOPELESSNESS, PESSIMISM, OR GUILT
  - C. UNABLE TO MAKE DECISIONS
  - D. UNABLE TO CONCENTRATE AND REMEMBER
  - E. HAVE LOST INTEREST OR PLEASURE IN ORDINARY ACTIVITIES, LOSS OF ENERGY AND DRIVE
  - F. NOT SLEEPING OR SLEEPING TOO MUCH
  - G. APPETITE PROBLEMS, WEIGHT GAIN/LOSS
  - H. HEADACHES, STOMACH ACHES, BACK ACHES, CHRONIC ACHES AND PAINS IN JOINTS AND MUSCLES
  - I. INCREASE ALCOHOL CONSUMPTION/DRUGS.
3. IT IS IMPORTANT TO RECOGNIZE THE SIGNS AND SYMPTOMS OF MENTAL ILLNESS INCLUDING SUICIDAL THOUGHTS, AND HELP TO SEEK PROFESSIONAL CARE FOR YOURSELF OR OTHERS. THE COAST GUARD ENCOURAGES YOU TO ASK FOR HELP WITHOUT FEAR OF RETRIBUTION. GETTING HELP IN A TIMELY MANNER WILL ALLOW YOU TO RESOLVE YOUR PROBLEMS AND CONTINUE AS A PRODUCTIVE MEMBER OF THE COAST GUARD. REACH OUT TO A FRIEND, A THERAPIST, A FAMILY MEMBER, A RELIGIOUS/SPIRITUAL LEADER, OR TO OTHER SUPPORT NETWORKS PROVIDED BY THE COAST GUARD. OUR COAST GUARD CLINICS AND OTHER MILITARY AND CIVILIAN HEALTH CARE FACILITIES ARE ALSO AVAILABLE TO HELP YOU.
4. MEMBERS OF TEAM COAST GUARD CAN OBTAIN CONFIDENTIAL ASSISTANCE THROUGH THE EMPLOYEE ASSISTANCE PROGRAM (EAP). THE EAP IS A PROFESSIONAL COUNSELING AND REFERRAL SERVICE DESIGNED TO HELP YOU WITH YOUR PERSONAL, JOB OR FAMILY PROBLEMS. IT IS FREE, VOLUNTARY, AND CONFIDENTIAL. THIS PROGRAM PROVIDES PROFESSIONAL COUNSELORS WHO ARE PREPARED TO ASSIST YOU WITH VIRTUALLY ANY ISSUE OR PROBLEM THAT MAY ARISE. THESE INCLUDE CONCERNS SUCH AS EMOTIONAL, FAMILY, RELATIONSHIPS, ALCOHOL/DRUG USE, JOB PROBLEMS, AND LEGAL OR FINANCIAL PROBLEMS. TO OBTAIN ASSISTANCE, 24 HOURS A DAY, 7 DAYS A WEEK, 365 DAYS A YEAR, SIMPLY CALL 1-800-222-0364.
5. YOU CAN ALSO CALL OR VISIT AN EMPLOYEE ASSISTANCE PROGRAM COORDINATOR (EAPC) AT A REGIONAL WORK-LIFE STAFF, WHICH ARE LOCATED AT INTEGRATED SUPPORT COMMANDS ACROSS THE COUNTRY. TO CONTACT THE OFFICE NEAREST YOU, CALL 1-800-872-4957 FOLLOWED BY THE EXTENSION LISTED NEXT TO THESE ISC LOCATIONS: ALAMEDA (252), BOSTON (301), CLEVELAND (309), HONOLULU (314), KETCHIKAN (317), KODIAK (563), MIAMI (307), NEW ORLEANS (308), PORTSMOUTH, (305), SAN PEDRO (311), SEATTLE (313), ST LOUIS (302), AND WASHINGTON, DC (932). DISCUSSIONS OF PROBLEMS WITH AN EAPC ARE CONFIDENTIAL.
6. YOU MAY ALSO CONTACT YOUR LOCAL CHAPLAIN THROUGH THE WORK-LIFE OFFICE.
7. THE MOST DIFFICULT STEP IN DEALING WITH A PROBLEM CAN BE ASKING FOR HELP. MOST PEOPLE AROUND YOU ARE WILLING TO HELP. WHEN YOU ARE FACING DIFFICULT TIMES, IT MAY SEEM THAT TO ASK FOR HELP MAY BE VIEWED AS AN ADMISSION OF WEAKNESS; TO THE CONTRARY, ASKING FOR HELP IS A SIGN OF STRENGTH. IT IS THE MOST SIGNIFICANT STEP THAT YOU CAN TAKE TOWARD ADDRESSING AND RESOLVING THE PROBLEMS THAT FACE YOU. IF YOU SHOULD FIND YOURSELF FACING TROUBLING TIMES THAT SEEM TOO DIFFICULT TO HANDLE ALONE, REACH OUT TO SOMEONE, ANYONE, AND ASK FOR HELP. YOU WILL LIKELY BE SURPRISED JUST HOW QUICKLY AND EFFECTIVELY SOMEONE CAN HELP YOU ADDRESS YOUR PROBLEMS.
8. INTERNET RELEASE AUTHORIZED.
9. RADM JOYCE M. JOHNSON, USPHS, DIRECTOR OF HEALTH AND SAFETY, SENDS.

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NNNN

# FAMILY SUPPORT CENTER @ HICKAM AFB

*Building 1105, 449-2494 or 449-6475*

*[www.hickam.af.mil/FamSup](http://www.hickam.af.mil/FamSup)*

## **BALANCING WORK AND LIFE, TIME**

**MANAGEMENT, Jun 26, 9:00-11:00 am.** Learn to reduce personal stress by better managing your time. Acquire practical skills that will help you determine priorities, define and accomplish goals, and mobilize resources.

## **DEPARTMENT OF VETERANS' AFFAIRS (VA)**

### **BENEFITS COUNSELING, Jun 11, By Appointment.**

Direct from the Department of Veterans' Affairs to Hickam. A counselor will be available for individual 30-minute appointments to address questions and concerns regarding such topics as education, loans, life insurance, and disability and compensation for separating/retiring personnel.

## **FAMILY READINESS BRIEFING, Jun 3, 10, 17, & 24,**

**1:00-2:00 pm.** Create your own personal/family care plan in advance. All AF active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, personal finances, Give Parents a Break, and more.

**HOME BUYING 101, Jun 19, 1:00-4:00 pm.** Does the thought of buying your first home have you excited or a little apprehensive? What are all these "closing costs?" And, how many "points" should I pay? Does the VA lend money? Answers to these questions and more about the home-buying process will be explored for those who are considering the purchase of their first home. Information from this class will be applicable for homes purchased in Hawaii or on the mainland.

## **INTERVIEWING WITH CONFIDENCE, Jun 18, 9:00-**

**11:00 am.** Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

## **LOOKING FOR EMPLOYMENT IN HAWAII, Jun 4 &**

**25, 8:30-11:00 am.** Let us help you find the job you want! Explore local employment trends, be informed on employment and education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

**MONEY MANAGEMENT, Jun 26, 1:00-2:00 pm.** This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

## **NEW TO HAWAII FINANCIAL BRIEFING, Jun 5, 10:00-**

**11:00 am.** Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and will introduce you to the many services of the Personal Financial

Management Program. Other topics include budgeting, the wise use of credit, and state and county liability laws. Active duty members must register through their orderly room. All others, please call 449-2494.

## **PLAYMORNINGS, Tuesday-Friday Sessions, Jun 1-7,**

**9:00-11:00 am.** Free and fun playgroups. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

**RESUME WRITING I, Jun 20, 1:00-3:00 pm.** The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Topics of discussion include style, mechanics, "buzz words," and types of resumes.

**RESUME WRITING II, Jun 27, 1:00-3:00 pm.** You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

**SMOOTH MOVE, Jun 27, 9:00-11:00 am.** Being prepared makes relocation less stressful. Subject matter experts will update you on the latest policy changes that may impact your move. All members and/or spouses are encouraged to come. This class primarily focuses on active duty PCS moves.

**SPONSORSHIP TRAINING, Jun 6, 9:00-10:30 am.** Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

## **TRANSITION ASSISTANCE PROGRAM (TAP)**

**WORKSHOP, Jun 11-13, 8:00 am-4:00 pm, Daily.** Join us for a smooth and successful move to a second career or to retirement. Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

## **VOLUNTEER ORIENTATION, Jun 6 & 20, 11:45 am-**

**12:45 pm (American Red Cross, Bldg 1113).** Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant agencies. Schedule attendance through the American Red Cross at 449-1488.

## **VOLUNTEER SUPERVISORY TRAINING, Jun 12, 11:45 am-12:45 pm (American Red Cross, Bldg 1113).**

Supervisors can make a difference in a volunteer's life! Learn

how to hire, motivate, and reward volunteers. Call American Red Cross at 449-1488 to register.

# Abdominal ABC's

Submitted by  
Jessica Dung, MS

*The ISC Honolulu Work-Life Health Promotion Program Manager is responsible for the development and management of the regional wellness program. She educates and encourages all members of the Coast Guard family to improve their health and wellbeing through a voluntary adoption of a healthier lifestyle.*

As of late, the health and fitness industry and late night television is inundated with “core training functional exercises” (Pilates and Core-board type group classes), videos, and infomercials that tout the importance of having those “washboard abdominals.” To be sure, strong abdominal muscles can protect you from low-back pain and help you perform your activities of daily living (ADLs) much more efficiently and effectively. Understanding a few of the fundamental concepts of this particular muscle group should help you to separate the muscle fiction from the muscle function. The following excerpt is taken from Bill Bejeck, CSCS, CCS, owner of HealthSport fitness and Sport Training Services in the Washington, DC area.

**The Muscles Involved.** As you can see from the illustration, the abdominals include several muscle groups: the rectus abdominis (**A**), the obliques (**B**), and the transversus abdominis (**C**). Also important in any program designed to strengthen the abdominals are the erector spinae. Though not shown in the illustration (and not abdominal muscles themselves), these lower back muscles add greatly to trunk strength and stability.

**The Rectus Abdominis.** The rectus abdominis muscles (sometimes called the “6-pack”) are the most superficial muscles in the core region. They stabilize the pelvis during walking and flex and rotate the lumbar spine. To work the rectus abdominis, perform a standard crunch or a crunch over a stability ball. For a good combination exercise, crunch and rotate the trunk in an alternating fashion, right shoulder to left knee and left shoulder to right knee.

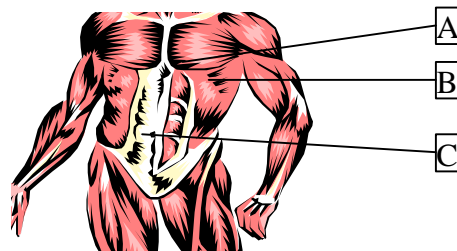
**The Obliques.** The internal and external obliques lie at the sides of the core area. When activated on one side, they help perform moves that involve trunk rotation (twisting) or lateral flexion (bending to one side). When contracted on both sides simultaneously, these muscles aid in flexing the vertebral column and contracting the abdominal wall. To work the obliques, attach one end of a piece of rubber tubing to a secure object (e.g. a railing or heavy beam). Hold the other end in both hands. Turn 90 degrees, so one side of your body is toward the secure object, and extend your arms out in front of you. From the starting position, rotate the trunk away from where the tubing is

attached. Return to the starting position. Perform 15 to 20 repetitions on each side.

**The Transversus Abdominis.** The transversus abdominis muscles contain the deepest fibers of the abdominal wall. These muscles increase trunk stability and help maintain proper posture and low-back stability. To activate the transversus, lie flat on your back with knees bent and feet flat on the floor. Draw the belly button towards the spine. Maintain this position for a slow count of five. Do not perform pelvic tilts. For more challenge, lift your feet off the ground and bring your lower legs so they are parallel to the floor. Keeping the stomach drawn in, slowly extend one leg and bring it back to its previous position.

Perform 10 to 15 repetitions per leg. If at any point the abdominal

muscles push out, stop, put your feet down and draw your stomach back into your torso.



**The Erector Spinae.** These important low-back muscles add to trunk strength and stability and help maintain posture. To work the erector spinae, lie face down on the floor with arms extended. Simultaneously raise both arms and other legs off the floor. Keep the legs as straight as possible and squeeze the gluteus muscles. Hold briefly at the top and then lower the arms and legs to the floor. Perform 15 to 20 repetitions.

**Functional Exercises.** Functional abdominal exercises are valuable because they require all the muscles in the abdominal region to work together, as they often must do in real life. Here is one example: Kneel about 18 inches behind a stability ball. Lean forward and rest the forearms on the ball, clasping the hands together. Slowly push the ball away from the body until the arms are fully extended, they pull the ball back. To protect the lumbar spine, maintain a “neutral lumbar curve”

while performing this exercise. Perform 15 to 20 | repetitions.



# Chaplain's Corner

By  
LT Daniel E. McKay, CHC, USNR

Without a doubt, we have all heard about IQ: "intelligence quotient." In fact, at one time or another we probably all took an IQ test to measure our mental ability. Have you ever heard about EQ ("emotional quotient")? It is an acronym which was first introduced in 1985 by Dr. Reuven Bar-On, a psychologist and research fellow at Haifa University. As a result of his groundbreaking work, along with that of like-minded associates, what was once believed beyond measurement is now viewed possible: the measurement of one's emotional abilities.

Why is the measurement of our emotions so important? Doug Lennick, Executive Vice-President of American Express Financial Advisors explains: "Emotional competence is the single most important personal quality that each of us must develop and access to experience a breakthrough...Only through managing our emotions can we access our intellect and our technical competence. An emotionally competent person performs better..." (quoted in the article "How Do You Feel?" p. 7, 12/5/2001, at <http://www.fastcompany.com/online/35/emotion.html>).

This, therefore, is why the EQ assessment, developed by Dr. Bar-On, is so important: it pinpoints our emotional strengths and weaknesses, enabling us to manage better our personal and professional relationships. And, as human history reveals, those who manage their emotions and relationships best tend to live longer, more productive lives.

As I took the EQ assessment and training a few weeks ago, I could not get the psalmist's words out of my mind: "We are fearfully and wonderfully made" (Psalm 139:14, Christian Bible). Indeed we are, as the physical, intellectual, emotional, and spiritual aspects of our being attest.

Worth noting, EQ possesses the potential to improve our lives in all four areas, for our emotional state is irrefutably linked to the other three. This truth is reflected in the five areas assessed by the EQ questionnaire: intrapersonal, interpersonal, adaptability, stress management, and overall mood.

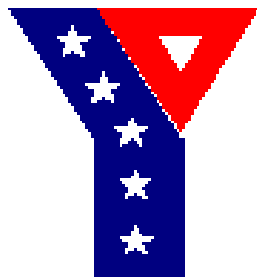
If you would like to discover your EQ, please contact me: (808) 541-2076.

## Religious Faith and USCG History Calendar:

01 June 1874	Spectacle Reef Lighthouse begins operation on Lake Huron
05 June 1912	U. S. Coast Guard formed (Life Saving & Revenue Cutter Services combined)
06 June 1944	Coast Guard manned LCI(L)s 85, 91, 92, & 93 lost during Normandy landings
07 June 2002	Sacred Heart of Jesus (Catholic Christian)
11 June 1764	Sandy Hook Lighthouse begins operation at New York Harbor
11 June 1941	U. S. Coast Guard officially recognized as a military branch
13 June 1942	U-157 sunk by USCGC THETIS
13 June 2002	Ascension of Jesus (Orthodox Christian)
14 June 2002	Flag Day
15 June 1944	Invasion of Saipan, Marianas
17 June 2002	Fathers Day
18 June 1812	War declared against Great Britain
18 June 1878	Creation of the Life Saving Service
18 June 1903	Scotch Cap Lighthouse begins operation at Alaska's Unimak Pass
20 June 1966	USCGC POINT LEAGUE cripples a North Vietnamese junk attempting to run the U. S. Navy's blockade
22 June 1977	U. S. Coast Guard women first assigned to sea duty
23 June 1716	Massachusetts authorizes the building of America's first lighthouse: Great Brewster Island, Boston Harbor
23 June 1939	U. S. Coast Guard Reserve is created
23 June 2002	Pentecost (Orthodox Christian)
24 June 1995	Launching of USCGC JUNIPER, the first Juniper class 225-foot buoy tenders
29 June 1944	First USCG helicopter shipboard landing by CDR Frank Erickson on USCGC COBB

In God's love,  
Chaplain McKay

Web Page: <http://www.uscg.mil/d14/chaplain/>



**Armed Services YMCA/AMR**  
**June 2002 Calendar of Events**  
**1875 Aliamanu Drive, Honolulu, HI 96818**  
**Phone # 833-1185, Fax # 834-3631**  
**E-Mail: ASYMCAAMR@aol.com**  
**Open Mon-Thurs, 8:00am – 1:30pm**

7



**PLAYMORNING**

A **free** mobile playgroup in community centers and parks for moms, dads, child care providers, and children 0-5 years old. Playmorning encourages learning, sharing, self-help skills and fun! Parent and child participation required. The program is open to all military family members. No registration or fee required. (Donations greatly appreciated.)

**THEMES FOR JUNE - - Colors and shapes and sizes**

**LOCATIONS & TIMES FOR AMR:**

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00

**LOCATIONS & TIMES FOR**

**PEARLHARBOR:**

- Pearl City Penn CC Monday 9:30-11:00  
Thursday 10:30-12:00
- Moanaloa CC Tuesday 9:30-11:00
- McGrew CC Wednesday 9:30-11:00
- Manana CC Wednesday 9:30-11:00
- Catlin/Halsey CC Thursday 9:30-11:00
- Hale Moku CC Friday 9:30-11:00

\*\*\*NOTE "CC" stands for Community Center

\*\* AMR Playmorning is now held in our classroom.

**KINDERMUSIK**

An early childhood music and movement program based on the belief that every child is musical. It will be available every Thursday. If interested, call Judy Wood at 624-2099. Classes and prices vary

**JUNE EXCURSION**

**Where:** Sesame Street Live

**When:** June 21

**Cost:** \$10 ages 1 and up (under 1 free)

**Don't Delay!!** A limited number of tickets are on sale now! For more information about the excursion please call 833-1185

**T.O.P.S.**

Lose weight, have fun, find friends, join us to Take Pounds Off Sensibly. We meet at the ASYMCA/AMR every Wed from 5:30-7:00pm. Call Delcie Akua @ 623-1403 or Jayne Desamito @ 845-8195 for more information.

**NOW OPEN!!!!!!**

**CHILDREN'S WAITING ROOM**

The Children's Waiting Room is a place where you can drop off your child(ren) if you have an appointment at Tripler. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00.**

**ATTENTION: All expectant and new**

**moms. WELCOME BABY** offers a support group twice a month. Come join us for an adult craft and discussion on various topics. Kids can come too. For more information or to RSVP please call Pam at 433-2109.

**DONATE YOUR VEHICLE TO THE**

**ARMED SERVICES YMCA**-It's a win-win situation for everyone! Donors earn a tax deduction based on the fair market value of the car. The Armed Services YMCA, using a reputable auto auction company, receives the profits from the sale of the car. These profits will be used to support Armed Services YMCA programs like Playmorning, Welcome Baby, The Children's Waiting Room, and the Single Sailor Drop-In Center. For more information, please call Dave Gomez at 473-1427

**KEIKI CARE BABYSITTING COURSE**

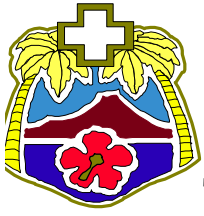
This course will be offered on June 25th and 26th and another in July on the 23rd and 24th. It is available to children ages 10 and up. However, only children 13 and above can be placed on our referral list. This class covers basic babysitting skills such as child development & childcare, emergency preparedness, age-appropriate games and toys, first aid and CPR training. A minimum of 6 participants is required to offer this course. Please call 833-1185 for more information.

**LAMAZE**

This class provides great information & instruction on everything you need to know about childbirth, and meets every Thursday for 6 weeks from 7-9pm. The next class begins on June 27, 2002 through August 1, 2002. **Payment for this class is due no later than June 20, 2002. Any questions please call us at 833-1185.**



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b> <b>PLAYMORNING</b>  Amr-9: 30-11:00am Red Hill-10: 30-12:00pm Pearl City-9: 30-11:00am	<b>4</b> <b>PLAYMORNING</b>  Ft. Shafter-9: 30-11:00am Moanalua-9: 30-11:00am	<b>5</b> <b>PLAYMORNING</b>  Amr-9: 30-11:00am McGrew-9: 30-11:00am Manana-9: 30-11:00am	<b>6</b> <b>PLAYMORNING</b>  Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	<b>7</b> <b>PLAYMORNING</b>  Amr-9: 30-11:00am Hale Moku-9:30-11:00am
<b>10</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am	<b>11</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>12</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>13</b> <b>PLAYMORNING</b>  Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	<b>14 FLAG DAY</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9: 30-11:00am
<b>17</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am	<b>18</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>19</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>20</b> <b>PLAYMORNING</b>  Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	<b>21</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am
<b>24</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Red Hill-10:30-12:00pm Pearl City-9:30-11:00am	<b>25</b> <b>PLAYMORNING</b>  Ft. Shafter-9:30-11:00am Moanalua-9:30-11:00am	<b>26</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am McGrew-9:30-11:00am Manana-9:30-11:00am	<b>27</b> <b>PLAYMORNING</b>  Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	<b>28</b> <b>PLAYMORNING</b>  Amr-9:30-11:00am Hale Moku-9:30-11:00am



## Tripler's Outpatient Pharmacy switches to new dispensing system

HONOLULU – Tripler Army Medical Center's Outpatient Pharmacy is scheduled to switch to a new and improved point of service dispensing system May 6.

Beginning May 6th, there will be a new process for patients picking up new prescriptions at the Outpatient Pharmacy, which is located on the 4<sup>th</sup> floor, G wing. The Refill and Hardcopy Civilian Prescription Windows will not be affected by this change.

Computer-generated prescriptions entered by healthcare providers will not be filled until the patient reports to the Outpatient Pharmacy. Patients will first push a button on a console representing the type of prescription to be filled. A numbered claim ticket will be generated with an estimated waiting time. When the number is called, the pharmacist will access the patient's medication profile and review the prescriptions that were ordered. The prescriptions will then be filled and dispensed while the pharmacist counsels the patient.

The previous system involved the batching of all prescriptions entered. "The idea was to have the prescription complete when the patient arrived at the pharmacy," said Capt. Christopher Graham, OIC of Tripler's Outpatient Pharmacy. "Generally, due to a very high volume of prescriptions, there is still a wait if the patient comes directly from the clinic because pharmacy staff is busy filling prescriptions for people who are not even there yet."

"I am excited about the improved efficiency of this new system. The main thing for the patient to understand with this change is that their prescription will not be filled before they present to the pharmacy," said Graham. "It does not matter if the prescription was put in an hour or three weeks ago. It won't be filled until the patient is called to the pharmacy window."

Graham said this new system, which has already been implemented at many military treatment facilities, would provide the pharmacist with direct contact with the patient while the prescriptions are being processed. This creates an environment for the pharmacist to take a more active role in the patient's healthcare, which will improve the overall healthcare provided by the Tripler Army Medical Center healthcare team.

"The pharmacist will be able to counsel patients and answer their questions," said Graham, who added that the new system, on average, should reduce waiting time for patients.

He reported that in the older system, prescriptions were filled immediately after they were entered into the computer even though some patients never reported to pick them up. "Each month, more than 1,000 prescriptions are returned to stock because they were never picked up."

"With the new system, however," Graham said "the number of patients who appear at the pharmacy at the same time could affect waiting times. The Outpatient Pharmacy's busiest times are Monday through Friday from 10 a.m. to 12:30 p.m. and 3 to 5 p.m., and Saturdays from 8:30 a.m. to noon. In order to avoid longer waits, patients might want to plan ahead to pick-up their prescriptions at times other than these."

For the first few weeks the system is in place, a pharmacy staff member will be in the Outpatient Pharmacy waiting area to help direct patients and answer questions.

For more information, stop by the pharmacy for an informational pamphlet or call the Outpatient Pharmacy at 433-7880.

# Summertime Activities

By  
Ms. Mary Mansfield

*The Family Resource Specialist (FRS) provides direct and referral services in the areas of childcare, elder care, scholarships for dependents, special needs, and adoption reimbursement.*

**T**his summer, before the kids complain of “nothing to do,” or spend hours glued to the TV, make a plan to engage them in fun, creative, and imaginative activities. Here are a few ideas:

❑ **Fragrance Bouquet**

Gather local or wild flowers to add a pleasant scent to indoor space. Strip the leaves and remove blooms from the stems. Allow to dry thoroughly and place in small basket. Experiment with local flowers in your neighborhood.

❑ **Play Store**

Save discarded food containers and boxes for a “play store” under the trees. (Be sure to rinse them well before you use them.) Make a lemonade stand for thirsty friends.

❑ **Tepee**

Using an old sheet or blanket, make a tepee by tying a knot in the center of the sheet. Tie a chord around this and hang from a nearby limb. Weight the four corners or use stakes to secure in the ground. The reward is hours of fun.

❑ **Make Butter**

Put a cup of cream in a quart jar. Shake until it forms into butter. Serve on crackers.

❑ **Balancing Act**

Gather your children’s friends for an afternoon of games. Include this one. Players try to walk from one marker to another with a spoon holding an egg, or try to balance a paper plate on their head filled with leaves.

❑ **Leaf Match-up**

Find leaves during a nature walk. Give each child a leaf and place the other across the boundary line. Have two lines and run a relay to find the matching leaf. If only one child plays, use a timer.

❑ **Seashell Pictures**

Turn those beach collections into art projects. Glue shells to a cigar box for a jewelry chest, or surround a wooden picture frame. Spray paint a sturdy piece of cardboard and create an original design. (Now you have a customized gift for someone.)

❑ **Morning Glory Hut**

Push bamboo canes or sticks in the ground in a 4-foot circle. Leave a 2-foot opening in the front. Plant morning glory seeds or any fast growing vine around the base. In a few weeks, your child will have a beautiful private spot for playing or reading.

❑ **Mud Pies and Beet Juice**

Mud and children go together. Collect several small molds or jar lids. Mix mud and water into a paste for pies. Thicken beet juice with flour and top pies with beautiful pink frosting.

This will surely be a childhood memory to treasure.

❑ **Decorate a Bird’s Nest**

Cut eight inch pieces of colored yarn and old narrow ribbons. Place them under trees where birds can pick them up for their nests. Later, search for nests that contain your offerings. Write a story about how you helped the birds decorate their nests.

❑ **Make a Frog House**

Using wet sand or dirt, form a mold over your bare foot. Carefully remove your foot without breaking the dirt. Check early the next morning. Perhaps a toad or frog will choose this spot as a temporary home.

**Remember, what children really want and need is for you, their parent, to spend time with them. With these summertime activities--you are making memories that will last a lifetime-or maybe even continue for several generations.**

**Source: Dr. Judy Wood, Va. Commonwealth Univ.**



# CGSA BACKPACK PROJECT

Are you in need of school supplies?  
The Coast Guard Spouse's  
Association (CGSA) is sponsoring a

School Supplies/Backpack Project for the 2002-2003 school year. The project is a completely confidential program for financially challenged Coast Guard families with children attending grades K-6. Families that meet eligibility guidelines will be provided with backpacks filled with grade-specific supplies prior to the opening of school.

Applications should be submitted to Mary Mansfield, Family Resource Specialist, at the Work-Life Center, or the KKH Community Center by July 12th. Applications are available in this edition of *The Blue Horizon*, at your Work-Life and KKH Community Centers, and through your Coast Guard Ombudsman.

For more info, contact Mary Mansfield @ 541-1584





# Greensheet

National Council of Coast Guard Spouses' Club

## The Newsletter Contest Winners

The National Council of Coast Guard Spouses' Clubs and the Coast Guard Foundation are proud to announce the winners of the Newsletter Contest for 2001-2002.

### SPOUSES' CLUBS WEBSITES

**\*\*First Place \$100\*\***

*Coast Guard Officers' Spouses' Club of Washington, DC*  
*Karin Webb, Webmaster*

**\*\*Second Place \$75\*\***

*Coast Guard Spouses' Assoc. of Astoria*  
*Monica Soloria-Snow*

### SPOUSES' CLUBS DIVISION

**\*\*First Place \$100\*\***

*Northern Highlights, CGWA Juneau*  
*Danette Mae-Nugent*

**\*\*Second Place \$75\*\***

*The Coastline, CGOSC, Yorktown, VA*  
*Tami Morkan, Editor*

**\*\*Third Place \$50\*\***

*The Tradewinds, CGSA of Honolulu*  
*Sheri Goo, Editor*

### OMBUDSMAN DIVISION

**\*\*First Place \$100\*\***

*TAHOMA Tribune, USCGC TAHOMA*  
*Jeri Garcia, Editor*

**\*\*Second Place \$75\*\***

*The Dockwatcher, USCGC JARVIS*  
*Michelle Paterson, Editor*

**\*\*Third Place \$50\*\***

*The RUSH Ramble, USCGC RUSH*  
*Ruth Caputo, Editor*

Congratulations to all the winners! You will be receiving checks for your prize money from the Coast Guard Foundation. The checks will be made out to the club or unit as per contest rules. See the winning newsletters posted on the website at: [www.cgspouses.net/clubs/](http://www.cgspouses.net/clubs/).

## An Interview with Kay Loy

*It is tradition for the GREENHSEET to interview the First Lady of the Coast Guard before she departs. It is an honor for National Council to present these words of wisdom from Kay Loy.*

**NC:** When you were a new Coast Guard spouse, who/what helped you adjust to the military lifestyle?

**Kay:** I was a bit shy and intimidated by all the protocol. Two things helped me, one positive, and one negative. Alice Vorbach was a young wife whose husband was the OPS officer on my husband's first ship. She took me under her wing and showed me all the right things to do. She was kind and caring and I wanted to be just like her. When I saw others being negative, I knew I didn't want to be like them.

**NC:** What was your best move, and what was your worst?

**Kay:** We've had so many great moves it's hard to pick a favorite. We've met wonderful friends along the way, and we still hear from them. I lived in a small town for 20 years before we married. I never dreamed I would have all the opportunities I experienced in the last 38 years. Having said that, our worst move was to Texas. And our best move was leaving Texas. While my husband was CO of the VALIANT, the ship went through several extremely stressful events. At the same time our family was hit hard by the death of my father and my own hospitalization and surgery. I guess I wasn't remembering to make lemonade out of the lemons.

**NC:** Do you have any tips for moving with children?

**Kay:** I think the best thing you can do for your children is just to have a positive attitude. Make it an adventure and assure them it will all work out. We always tried to find the best schools, got them involved, and continually told them they would make new friends. Leaving their friends was the hardest adjustment and we always looked for a house in a neighborhood with lots of kids. I won't tell you it was always easy, but after a couple of weeks they were fine.

**NC:** Did you have a favorite duty station?

**Kay:** Again, it's so hard to say where my favorite was. If I have to pick, then I have to pick three: Florida,

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Yorktown, and Governor's Island, all for different reasons. The people in Florida were wonderful and made us all feel like we had lived there forever, and it was warm. Yorktown is just a beautiful place to live, and we look forward to retiring there someday. It has lots of history, good friends, and is close to DC. What can I say about Governor's Island? First of all the house was a mansion with so much history and ghosts! We met so many terrific CG people and had so much fun. My husband, as top ranking officer in NYC, was invited to many social events; We met and had dinner with people I had never dreamed would be at the same table with us. There was the King and Queen of Norway, Donald Trump, Zack Fisher, Margaret Thatcher, Pres. Bush, Pres. Clinton, Russian Border Patrol, Senators, Congressmen; I could go on and on. We have just been so fortunate!

**NC:** What went through your mind when you learned your husband had been appointed as Commandant?

**Kay:** WOW! Oh my gosh! Now what? I was so excited I could hardly contain myself. Of course I always believed he could get the position--I saw firsthand how hard he worked, and in my mind I have always thought he was the best. I was and am so proud of him and wanted to tell everyone, but of course I couldn't until the President announced it.

**NC:** You have been able to travel and meet a lot of important people in the past four years, what was your most memorable trip?

**Kay:** We've taken many trips, and, again, it's hard to pick a favorite. Alaska was five cities in six days with amazing wilderness and fresh halibut. In Russia we walked through the Kremlin, the palaces of Peter and Catherine the Great, the Hermitage – it was one beautiful sight after another. Australia was great and I would go back. The people were friendly and spoke English. Rome was beyond belief with St. Peter's Basilica, Trevi Fountain, and the Coliseum. And Ireland, it's really a favorite because of my Irish background. I really want to go back there again. I think we visited 16 foreign countries and they were each unique.

**NC:** What are the biggest changes you've seen in the Coast Guard and with the families?

**Kay:** The biggest change I've seen is in the young people. They are brighter, younger, and doing more for America. They willingly go out everyday and would give their life for us. I think the services to the people have been constantly improving. I know the Coast Guard is finally starting to be recognized for their great value to the American people. When my husband became Commandant, we attended events where they would play the "four" service songs. I would get so incensed when they failed to play the Coast Guard song. That isn't happening now. We are one of the "five" services. Some people still don't

give the Coast Guard the credit they deserve, but we've come a long way and it's only going to get better.

**NC:** Looking back, how have you changed since you were new to the Coast Guard?

**Kay:** I am definitely older! I think I'm wiser, more outgoing, more extraverted, and more willing to reach out and take a chance. Best of all, I am the grandmother of two adorable twins.

**NC:** What words of wisdom would you offer Coast Guard spouses now?

**Kay:** Before you leap into military marriage, know what you're getting into. There will be things you might not want to do and places you may not want to go, but remember when you marry someone in the service this is to be expected. You have to commit to your spouse and his/her choices. I know we make these choices together and you want to make sure these are the right choices, especially if this will be for a lifelong career. You may not get what you want, but no tour is forever. Just remember when you get those lemons to make lemonade.

**NC:** What's next for you? How are you feeling about retirement?

**Kay:** The next chapter in our lives is undetermined. We are still looking. I am sure my husband will get a job where he will feel gratification in what he is doing, and will be as committed as he has been in the Coast Guard. I want to do some things I haven't had the time to do. I want to take some art classes, volunteer, and see my grandbabies more often. I can't begin to tell you how much I love the Coast Guard, and how proud I am when I see our men and women in Coast Guard blue. I will always be proud and will continue to beat the drum as a retiree. I am a little sad and somewhat apprehensive. This is all I have known since I was 20 years old. It will be a big change but we are ready for the next adventure. It has been a wonderful 38 years, and I'd do it again if I had the chance. We have been truly blessed with our Coast Guard family and friends. I will miss you and the close-knit Coast Guard family. I want to wish ADM. and Mrs. Collins all the best, and hope their four years are as fulfilling as ours have been. I know they will do a terrific job. I wish you all "Fair winds and following seas." God Bless!

\*\*\*\*\*

The Coast Guard Officers' Spouses' Club of Washington, DC and the National Council held a farewell luncheon in honor of Kay Loy on April 18<sup>th</sup> at the Washington Golf and Country Club.

National Council extends well wishes and warmest appreciation to Kay Loy. We are unable to say goodbye. We look forward to keeping Kay on as a member at large and advisor "emeritus."



### *This Quarter*

*June: American Heritage, Father's Day, National Safety, Flag Day*

*July: Independence Day, Fireworks Safety, Therapeutic Recreation*

*August: Coast Guard Day, POW/MIA Recognition, Breast Feeding*

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## Ombudsman Corner

### *Volunteer Sheet*

The work of an Ombudsman is often pulled in many directions. To lighten the load, Liz Edge, former Ombudsman of USCGC JARVIS, offered to share her volunteer form. Liz gives out this sheet at pre-deployment briefings and spouse events. This sheet lists ways unit families can help other unit families in times of need. Some of the assistance categories are: meals, babysitting, airport transportation, translating a foreign language, and planning events. When the need arises, Liz goes through her list of volunteers, calls, and puts families together to help each other.

This idea is offered in the new Ombudsman Handbook (coming online soon). In the meantime, use the volunteer form idea and make one for your unit. Thanks, Liz!

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## Military Children and Education – Graduation Ready

The mobile military student often finds frustration when transferring credits or meeting graduation requirements. Most military students will attend two or three high schools. Frustration with these issues often lead military parents to alter the family structure, with military member becoming a geographic bachelor or leaving the student to finish school with family or friends.

Military students, with the help of their parents, must act aggressively when planning their academic life. Planning for high school should start 2 years out for each grade level. Core coursework, especially math, should not be taken for granted. Always research the new school system before moving.

The following courses are strongly recommended to ensure graduation requirements are met: English – 4 credits, Math – 4 credits, Social Studies – 3 credits, Science -- 4 credits (3 with labs), foreign language – 2 credits, and computer science – 1 credit. Whenever possible, take honors and AP/IB courses.

English courses need to focus on composition and literature. Math courses should include Algebra 1&2, Geometry, and Pre-calculus/Calculus. Social Studies require US and World History, Government/Civics, with Economics and Humanities as good options. Science courses need to include Biology, Chemistry, and Physics.

Several states have promotion exams and many have an exit/graduation exam. Each year more states institute these types of exams. Contact your next state's department of education to learn graduation and exam requirements. **Military parents, being the only constant in their children's lives, need to be prepared to be their academic guidance counselor.** Always hand-carry a copy of your children's grades/transcripts, include documentation describing course content, grading schedule, syllabi, and textbooks used.

If you need to move your child during their senior year, you have several options. Check in advance for programs that offer reciprocal diplomas from the sending school. Fill out all paperwork according to instructions. Keep a point of contact at the sending school. Explore all your options.

Military parents may contact the Military Child Education Coalition at [www.militarychild.org](http://www.militarychild.org) for further information and publications.

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## Armed Forces YMCA News

### *Art Contest Winners*

The Armed Services YMCA held an art contest for children during Military Family Week. More than 2,000 children entered. The ASYMCA has announced the Coast Guard winners as:

**First Place \$500 Savings Bond:** Kurt Mullenburg, from Training Center Petaluma, CA. Kurt is the son of CDR and Mrs. Wayne Mullenburg.

**Second Place \$100 Savings Bond:** Stephen Macintyre, from Air Station Sitka, Alaska. Stephen is the son of LCDR Rose and Richard Macintyre.

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**Honorable Mentions** went to: Reagan Harder, Audrey Jones, Caydance Lowry, Patrick Merrigan, Connor Muilenburg, and Katie Schumacher.

Congratulations to all our winners! To view all the winning artwork, visit the ASYMCA website at: [www.asymca.org/art\\_contest.htm](http://www.asymca.org/art_contest.htm).

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### Rights and Benefits

**TRICARE Website** - TRICARE is now offering easy access to information through a new website called TRICARE SMART. SMART stands for Standardized Materials And Research Technology. This online collection has the latest and most relevant materials and publications to inform beneficiaries of the full range of health care programs and services. For more information visit the website at: [www.tricare.osd.mil/smart/index.cfm](http://www.tricare.osd.mil/smart/index.cfm).

**Commissary News** - The Defense Commissary Agency (DeCA) has remodeled their website to offer customers more complete information about their local store. This includes store hours, phone numbers, sales information, and community information. Visit the website at: [www.commissaries.com](http://www.commissaries.com).

**Voting:** With the transfer season in full swing, don't forget to register to vote at your new location by requesting an absentee voter form or registering to vote locally. Let your vote count!

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### Welcome Anne Perkins

Meet Anne Perkins, the new Editor of the GREENSHEET. Anne is a Coast Guard spouse of 20 years, with four children (home-schooling the youngest two), currently living in Maine. Her husband, CDR Brian Perkins, is Commanding Officer of the USCGC ESCANABA out of Boston. Anne has been active in spouses' clubs forever, holding a variety of board positions, and has served on National Council as Treasurer and Newsletter Contest Co-Chair. She also volunteers with her church, and is coach for her son's lacrosse team. Just for fun, she's restoring a vintage Land Cruiser (including doing her own mechanical work), sails, gardens, reads, does needlework, and knits.

Watch for Anne to reinvent the GREENSHEET! Welcome aboard, Anne!

### Exit Lines

By Wanda Allen-Yearout

In the early seventies, my husband and I used to joke with our friends and classmates that we could retire in the year 2002 with 30 years. Then we would all groan, roll our eyes, and laugh. It seemed like such a long way and uphill climb that we would never really reach it. Well, I just turned around and it's already 2002. How did that happen?

It's been a great ride, fun at times, sad at others. The Coast Guard has always been my home, no matter where we went. I often tell my friends "This is a cradle-to-grave relationship with me, first with my father, and now with my husband." I stayed when the Coast Guard said stay. I went when they said go. I waited alone when they said wait. When they asked for help, I helped. I supported the organization as best I could and loved every minute. So now it's time to move aside and give some other spouse the opportunity to participate in all the fun and find a home in the Coast Guard community.

As my hero, Mickey Mouse, would say, "Now's it's time to say goodbye to all our friends out there." Take good care of my Coast Guard and of each other.

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### National Council of Coast Guard Spouses' Clubs

**Honorary Advisors:**

Kay Loy, Nancy Collins

**Advisors:**

Roberta Fisher, Brenda Bell

**Co-Chairs:**

Lori Stillman, Judy Brusseau

**Admin.:**

Trena Stalfort

**Finance:**

Anne Perkins

**By-Laws:**

Judy Brusseau

**Communications:**

Mandi Stehn, Website Coordinator;

Karin Webb, Internet Liaison;

Wanda Allen-Yearout, GREENSHEET Editor and Newsletter Co-Chair Contest

Anne Perkins- Newsletter Co-Chair

**Work-Life Liaison-** Elaine Sweetland

Contact GREENSHEET new Editor, Anne Perkins, by email at [perk81@aol.com](mailto:perk81@aol.com).

U.S. Department Of Transportation  
United States Coast Guard  
**Commanding Officer**  
**USCG Integrated Support Command**  
**Work-Life Center**  
**400 Sand Island Parkway**  
**Honolulu, HI 96819-4398**

# SUMMER IS HERE!

June 21<sup>st</sup> is the Summer Solstice  
(1<sup>st</sup> Day of summer)



## Coast Guard Spouse's Association (CGSA) Backpack Project 2002



- ❖ A completely confidential project for financially challenged CG families with children attending grades K-6
- ❖ CG Families that meet eligibility guidelines will be provided backpacks filled with grade-specific supplies prior to the opening of school.
- ❖ See application and details inside.

### Free of Charge & Open to the Public

"Small Claims" Informational Seminar      26 June 2002  
"Divorce Law in Hawai`i" Informational Seminar      27 June 2002

Seminars are held from 1200-1300 in the Supreme Court Courtroom (Ali`iolani Hale, 2<sup>nd</sup> Floor) at 417 South King Street. For more information, call the First Circuit Court Operations Office at 539-4448.

